

# Veterans and Friends Support Group

Wednesday, March 13, 2024  
1:00 pm – 2:00 pm

## **The Council on Aging will host a once-a-month Veterans and Friends Support Group.**

This group is a place where veterans and non-veterans can come to check in, share stories, discuss life experiences, socialize, and discuss military culture in a nonjudgmental space. The focus will be on promoting self-care, wellness,  
and peer support.

If you are interested in participating or have any questions, please contact Dee Cannon at [dcannon@cambridgema.gov](mailto:dcannon@cambridgema.gov)  
or 617-349-6048



This Program is for Ages 60+  
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